

### **Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### **Listing of Claims:**

- 1-16. (canceled)
17. (currently amended) A method of treating ~~or preventing~~ endometriosis in a subject having endometriosis ~~or in danger of developing endometriosis~~ comprising administering to the subject an amount of a dietary indole effective to reduce or prevent one or more symptoms associated with endometriosis.
18. (original) The method according to claim 17 wherein the symptom is selected from the group consisting of pain, dysplasia, and the level Ca-125 antigen detectable in serum.
19. (original) The method according to claim 17 wherein the dietary indole is selected from the group consisting of I3C, DIM and LTR-1.
20. (original) The method of claim 19 wherein the dietary indole is DIM.
21. (original) The method of claim 20, wherein the DIM is suspended as microparticles in a starch carrier matrix.
22. (original) The method of claim 19 wherein the dietary indole is LTR-1.
23. (original) The method of claim 22, wherein the LTR-1 is suspended as microparticles in a starch carrier matrix.
- 24-33. (canceled)
34. (previously presented) The method of claim 17, further comprising administering grapefruit, grapefruit concentrate, grapefruit juice, or grapefruit juice concentrate.
35. (canceled)
36. (new) A method of reducing the risk of endometriosis in a subject in danger of developing endometriosis comprising administering to the subject an amount of a dietary indole effective to reduce or prevent one or more symptoms associated with endometriosis.

37. (new) The method according to claim 36 wherein the symptom is selected from the group consisting of pain, dysplasia, and the level Ca-125 antigen detectable in serum.

38. (new) The method according to claim 36 wherein the dietary indole is selected from the group consisting of I3C, DIM and LTR-1.

39. (new) The method of claim 38 wherein the dietary indole is DIM.

40. (new) The method of claim 39, wherein the DIM is suspended as microparticles in a starch carrier matrix.

41. (new) The method of claim 38 wherein the dietary indole is LTR-1.

42. (new) The method of claim 41, wherein the LTR-1 is suspended as microparticles in a starch carrier matrix.